

# Teenagers 13-18 Years



## Necessary Nutrition for Teens



Adolescence is a unique growth period, making nutritious food choices vitally important. However, the gap between the amount of dairy foods recommended in the U.S. Dietary Guidelines and what's actually eaten widens as children age. This is concerning because dairy foods provide more bone-beneficial nutrients per calorie than any other food group.<sup>1</sup> Teen girls are especially vulnerable to falling short of their vitamin B12 and bone building nutrient needs.<sup>2</sup>



### Dairy's Unique Contributions

Teenagers are constantly on the go and enjoying more independence, so it's important that they understand why – and how – to make healthy food choices. If they don't, teenagers run the risk of missing out on important nutrients at a time when they're experiencing major developmental changes.<sup>2</sup> Low consumption of dairy foods can lead to low intakes of key nutrients, such as:



Calcium, vitamin D and phosphorus, which help build strong bones and teeth;



Magnesium, which supports muscle function and energy production; and



Choline, which helps support cognitive health and the conversion of food to fuel.<sup>3</sup>

### Special Considerations



Acne is a common concern for teens. To promote healthy skin, the American Academy of Dermatology encourages a balanced approach to eating that contains all food groups, rather than removing specific foods.<sup>4</sup>



Lactose intolerant? There are many lactose-free milk options on the market – it's real milk with all the same nutrients, just without the lactose. Additionally, many teens with lactose intolerance can still tolerate some amount of lactose in their diet. For example, the good bacteria in yogurt helps digest lactose.



### Recommended Daily Dairy Servings<sup>2,5</sup>



3 cups

See backside for what counts as a serving of dairy. There are a variety of ways to enjoy milk, cheese and yogurt to meet the recommended daily servings.





## Try this Recipe

Get creative with this classic pizza recipe by encouraging teens to top with their favorite veggies.



### Grilled Pizzas Made with No-Yeast Greek Yogurt Pizza Dough

Makes 4 servings

#### Ingredients:

- 2 cups self-rising flour
- 1 cup Greek yogurt (fat level of choice)
- 1/4 cup cornmeal
- Shredded cheese
- Tomato sauce
- Sliced and diced veggies of choice

#### Instructions:

1. Place a pizza stone in the center of gas grill and preheat to 450 degrees. (An oven works, too.)
2. Combine flour and Greek yogurt in a large bowl, stirring with a fork until a rough dough begins to form. Turn the mixture out onto a floured work surface and knead, adding additional flour as needed, until the dough becomes smooth and elastic, about 8 minutes.
3. Divide the dough in half to create two balls. Place one ball on a floured work surface and use a rolling pin to roll the dough into a 10-inch disk.
4. Dust a pizza paddle or a cookie sheet with a generous amount of cornmeal, then transfer dough on top.
5. Top dough with tomato sauce and add cheese, leaving a half inch border around the edge, followed by veggie toppings of choice.
6. Carefully slide pizza from pizza paddle (or cookie sheet) onto preheated pizza stone in the center of grill (or oven). Close the lid and cook until the crust is golden and the cheese is bubbling, 8 to 10 minutes.
7. Transfer pizza to cutting board. Rest pizza for 5 minutes before slicing. Repeat process with second dough ball.



## Make Every Bite & Sip Count



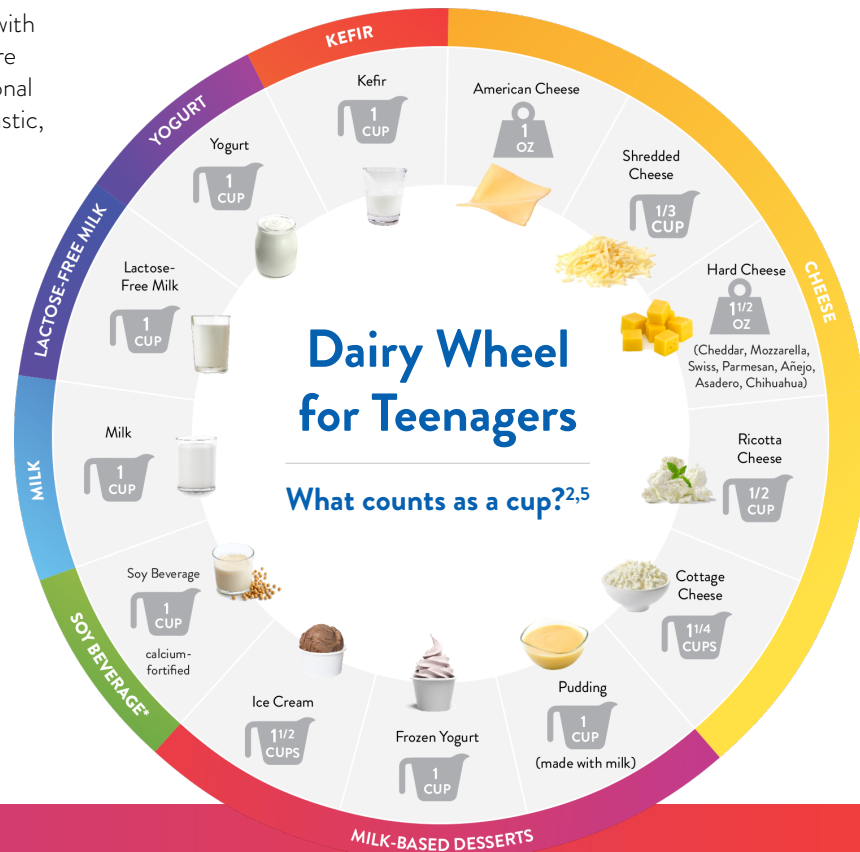
Nutrient-rich foods can get lost in refrigerator drawers. Try leaving ready-to-eat cheese sticks or drinkable yogurts next to cleaned and prepped vegetables and fruits in high-traffic areas of the refrigerator. Teens will be more likely to see them quickly and grab a healthy snack on their way out the door or for a homework break.



Teens have packed schedules and may need a hand thinking ahead for healthy choices – whether in the lunchroom, on the field or out with friends. Designate a meal prep day to cook together and help them understand nutrition labels on their favorite products.

#### Sources

1. Wallace TC, Bailey RL, Lappe J, et al. Dairy intake and bone health across the lifespan: a systemic review and expert narrative. *Crit Rev Food Sci Nutr.* 2020, Ahead of Print;1-47.
2. U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020.
3. Hess JM, Cifelli CJ, Fulgoni III VL. Energy and Nutrient Intake of Americans according to Meeting Current Dairy Recommendations. *Nutrients.* 2020;12(10):3006.
4. Zaenglein AL, Pathy AL, Schlosser BJ, Stem M, Boyer KM, Bhushan R. Guidelines of care for the management of acne vulgaris. *Journal of the American Academy of Dermatology.* 2016;74(5):p945-973.
5. U.S. Department of Agriculture. MyPlate. What foods are included in the Dairy Group? 2020.



Milk, yogurt and cheese are foundational foods that help nourish people throughout life. Dairy foods, including lactose-free varieties, are highly nutritious and accessible options that help fill nutrient gaps and contribute to healthy eating patterns. To learn more about how dairy foods help people thrive across the lifespan, visit [USDairy.com](http://USDairy.com).

